

Girl Fit Camp

Camp Description:

Girl Fit!

6 -13 yrs / 1 wk, starting July 9 / \$198

This week-long camp is a collaboration of Washington's Karate for Girls and Wellness Evolution. Girls will learn about healthier lifestyles through fitness and nutrition while having fun! In addition to creative fitness games and basic martial arts, girls will enjoy physical activity to promote balance, coordination and strength training. Nutrition education activities will be used to educate girls on portion size and healthier eating options. Our goal for this camp is to promote positive attitudes about food, fitness and body image. Please bring a lunch and a note book to keep a food and fitness log. For more information, call Pam Honaker at 410-313-1694 or

phonaker@howardcountymd.gov

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| RP7955.401 | Pointers Run ES | Jul 15 9-3pm | M-F |
| RP7955.402 | Elkridge ES | Aug 5 9-3pm | M-F |

What to Bring:

Eat a quality breakfast each morning. Please bring a small daypack with a full non-leaking water bottle and a non-perishable lunch. **Please do not bring any food items that contain any peanut or nut products (other children may be allergic). No Cell Phones or Electronics Allowed in Camp!** The Camp Director will have a camp cell phone available for all emergencies.

Important Forms:

- [Participant Information Form](#) ←click to access form online
MUST bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please note somewhere on the Camp Participant Information Form your child's swimming ability. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.
- [Medication Order Form](#) ←click to access form online
Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. Forms are available on the Department's website: www.hcrpsports.com or can be obtained at camp on the first day. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

Directions:

LONG REACH HIGH – 6101 Old Dobbin Lane, Columbia, MD 21045.

Route 29 to Route 175 East. Left at traffic light onto Dobbin Road. Left at first traffic light onto Dobbin Road. Continue to first traffic light and make a left onto Old Dobbin Lane. School is on the right.

Inclement Weather:

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department's program status line, 410-313-4451. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

Tentative Camp Schedule:

Coming Soon

For More Information:

Pam Honaker

Recreation Coordinator

410-313-1694

phonaker@howardcountymd.gov